

ABSTRACT OF THE DISCLOSURE

The present invention is an apparatus and method for synchronizing and updating the memory of an external digital device, such as a personal digital assistant, and the memory of a watch via a two way communication link providing for the synchronous transfer of data between the devices. The data transfer is accomplished by placing the external digital device and watch into an alignment device which secures and positions each device in an appropriate spatial relationship allowing data to be transferred between devices. A separate integrated display controller provides for operation of the watch display thereby conserving power required to operate the device.